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EXPANDING STATES OF CONSCIOUSNESS

Expanding States of Consciousness - sounds impressive and beyond the reach of many of us doesn't it, but in reality, it isn't.

Many of us are already expanding our consciousness without knowing it. Have you ever day-dreamed, sat in a peaceful state and just allowed your mind to wander? Chances are, you have expanded your consciousness to become aware of things beyond this physical reality.

The Australian Concise Oxford Dictionary lists **Day-dream** - *as a state of mind without proper perception of reality.*

Because we have either seen or heard things that are not of or do not fit into this physical reality at that particular point in time, our mind needs to have an explanation. It was day time and we were awake, weren't we, so "day-dream" explains it neatly. Hence our experience has been put into its "box of explanation" and mainly forgotten about. A person who day-dreams has been called impractical, vague, all words to discourage us from expanding on or admitting to the experience. *Gwen Jones*